

COMMIT to be FIT— Make a Simple Lifestyle Change TODAY!
2007 FITNESS CLASS SCHEDULE

	MON	TUE	WED	THUR	FRI	Saturday
8:00 am						Spinning
9:00 am	Spinning		Spinning Chair Yoga		Spinning	
9:45 am	P.A.C.E.		P.A..C.E.		P.A..C.E.	
5:30 pm				Cardio & Toning		
6:00 pm	Cardio & Toning		Step Aerobics			
6:30 pm		Beginning Belly Dancing (no class session 9)		Step Aerobics		
7:00 pm	Step Aerobics					
7:30 pm		Intermediate Belly Dancing (no class session 9)				
7:45 pm				NIA		
8:00 pm		Spinning		Spinning		

Spinning Classes Are 45 Minutes and All Other Classes Are 1 Hour Long

*Session 9	December 3 - December 21
Session 1	January 2 - February 8
Session 2	February 11 - March 21
Session 3	March 24 - May 2

<u>Belly Dancing</u>		
A	TUES 6:30pm	No class session 9
B	TUES 7:30pm	Class will start again session 1

<u>Cardio & Toning</u>		
A	MON 6:00pm	\$9 RES, \$10.50 NON-RES
B	THUR 5:30pm	\$9 RES, \$10.50 NON-RES

<u>Step Aerobics</u>		
A	MON 7:00pm	\$9 RES, \$10.50 NON-RES
B	WED 6:00pm	\$9 RES, \$10.50 NON-RES
C	THUR 6:30pm	\$9 RES, \$10.50 NON-RES

<u>Spinning</u>		
A	MON 9:00am	\$3 RES, \$4 NON-RES
B	TUES 8:00pm	\$3 RES, \$4 NON-RES
C	WED 9:00am	\$3 RES, \$4 NON-RES
D	THUR 8:00pm	\$3 RES, \$4 NON-RES
E	FRI 9:00am	\$3 RES, \$4 NON-RES
F	SAT 8:00am	\$3 RES, \$4 NON-RES

<u>NIA</u>		
A	THUR 7:45pm	\$9 RES, \$10.50 NON-RES

<u>P.A.C.E.</u>		
A	MON 9:45am	\$9 RES, \$10.50 NON-RES
B	WED 9:45am	\$9 RES, \$10.50 NON-RES
C	FRI 9:45am	\$9 RES, \$10.50 NON-RES

<u>Chair Yoga</u>		
A	WED 9:00am	\$9 RES, \$10.50 NON-RES



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Your solution to life-long happiness, health and vitality

P.A.C.E.– Parent And Child Exercise! P.A.C.E. provides a one-hour total workout for parents and babies...together! This class consists of a warm-up, interval cardio power spurts with a stroller, body toning/resistance training, cool down, mat exercises and stretching along with fun songs and fun for baby! Please bring a stroller not prone to tipping. Child must remain seated and buckled in the stroller throughout the workout until the final 15 minutes for safety reasons.

Step Aerobics – high-low impact using an Aerobic step for cardio. Light hand weights for toning. Abdominal and stretching finishes the class for a total body workout! Designed for all levels.

Stretch & Tone– This is a non-impact class that will focus on muscle strengthening, flexibility, and toning.

Cardio & Toning – moderate intensity, low impact moves through a variety of cardio styles. Strengthening and toning, little bit of everything. A great variation class.

Spinning – This is a great non-impact class for weight loss and overall endurance and health. In this 45-minute class the instructor will take you through a wide ranging ride of various levels intensity and riding positions. Great for all fitness levels because you go at your own personal speed. Great for all ages and both genders.

Belly Dancing– Beginning Belly Dancing is a low intensity workout that concentrates on muscle toning. In this class you will learn the building blocks of Belly Dancing. Intermediate Belly Dancing will focus more on choreography. You must prior Belly Dancing experience and instructor permission to take this class.

NIA- The NIA technique is a non-impact class that combines Martial Art, Dance Art, and Healing Art movements choreographed to various textured healing and energized music. The benefits include: Cardio workout, flexibility, strength, balance, and relaxation.

Chair Yoga-The exercises are done while sitting on a chair or standing and using the chair for balance, so you are not required to get down on the floor to participate. Some of the benefits may include increased breathing capacity, increased muscle endurance and strength, increased flexibility, reduced stiffness and increased mobility.

Fitness Class Policies & Guidelines

- Sign up for the session whenever you wish. We pro-rate your fee if you register after the session begins. OR, if you'd rather come when you want, just register as a walk-up. Walk-up fee is \$5 per class whereas if you sign up for a session, it breaks down to \$3 per class (\$3.50 for NR).
 - Students are not encouraged to register for a session after the third week of a new session in Yoga or Belly Dancing unless you have prior experience.
 - Students may only attend the particular class that is paid for. Switching classes or making up classes because of a prior absence is not permitted.
 - If a class is canceled due to instructor absence, students will receive a credit to be used in the future or a refund for that particular class.
- Each 6-week session schedule may be altered due to a new class interest, instructor availability or other issues. Please check with us 2-3 weeks before the next session begins for an updated schedule and registration of the next session.
- If students are under the age of 18, they must be at least 15 and accompanied by an adult.
 - Refunds will only be given if they are requested before the particular session has ended. We are unable to refund money after the session you are requesting a refund for has ended.

Greenwood Parks & Recreation Department 881-4545

